

5 WEEK INTRODUCTION TO MEDITATION COURSE

New to meditation or curious to learn more?

**Join a new 5 week introduction to meditation
course at Isfield Village Hall**

- ✓ **Explore a range of meditation techniques**
- ✓ **Understand the benefits that a regular meditation practice can bring**
- ✓ **Develop your own sustainable meditation practice**

Starting on Thursday 8 March 2018 7:30pm-9pm

5 week course £50

**To sign up or if you would like more
information contact**

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